



HAW Player Benchmarks

Hockey Albury Wodonga have developed a set of benchmarks in order to assist players, parents and coaches a clearer understanding of the standards required at higher level hockey.

It can also be used as a goal setting tool by players and coaches during the season and off season preparation. We have also separated it for females and males minimum standards to obtain, these are less than NSW state level and clearer than HV measurements of the 10 competency areas rating.

Players are expected to be able to achieve minimum fitness requirements and should seek a suitable strength and conditioning program to help them achieve their goals (just running longer or harder does not necessarily improve core or fitness ability)

In order to be selected players must achieve the minimum beep test and fitness requirements. In the skills area an expectation of 7 out of 10 times accuracy and meet at least 9 out of the 12 or 12 out of the 15 skills areas (depending on which age group you are in).

Under 18 and Spitfires

Basic Individual Skills (target is to achieve 12 out of 15 skills with 8-10 accuracy)

- Fore-stick hitting over 80-100 metres with accuracy, power and keeping the ball flat on the surface
- Fore-stick pushing with power and delivering passes accurately over 35 -40 metres
- Reverse side passing (Tomahawk slapping the ball) over 30 metres keeping the ball flat on the surface with accuracy on the run
- Tomahawk
- Slapping over 50 metres flat and direct with reasonable speed
- Fore-stick trap, with a very high success rate when stationary and at speed
- Reverse trapping upright both stationary and whilst moving at speed
- Reverse trapping (indoor style, stick horizontal to the ground) with the ability to quickly gain control into a mobile position
- Dribbling (Indian dribbling style) at full pace with close control at full pace
- Dribbling flat stick at 100% pace with forward vision and the ability to change direction and make effective deliberate passes
- Fore-stick channelling (the Player) and fore stick tackling with strength
- Flat tackle with strength when stick is horizontal to the ground with the ability to move into offence quickly
- Poke tackling- to position player to successfully steal the ball
- Drag flicking – players should be able to flick the ball from the top of the circle into the net at approximately shoulder height at speed
- Overhead -pass the ball over 30 metres

Elimination Skills

Players are expected to:

- know the principles of creating a “2 on 1” to eliminate the player and to be able to identify the opportunity whilst playing
- drag at speed to the Right and Left of their body in a one on one contest and accelerate
- accelerate to eliminate
- “jink” to eliminate when moving at a moderate speed

Leading and Receiving

Players are expected to be able to:

- lead horizontally away from a player in an urgent movement to receive on their Forehand
- lead back to “Post” and receive the ball facing their own goal
- lead to receive by performing a V lead to get behind the defender
- “scan” off the ball before receiving

Fitness

It is expected that players will satisfy these minimum standards:

- Men beep test 10.
- Women’s beep test 9.5
- push-ups - 20 plus nonstop

Positional play

Players are expected to be able to play in various positions within the 2 lines (forward, midfield, defender) with a knowledge of the basic requirements both defensively and offensively of the position

Penalty Corner Play

It is expected a player will be able to perform a specialist skill in the corner operation i.e. pull the ball out, strike/drag, stick trap to an effective level

Decision Making

The player should be able to make decisive decisions in critical game situations such as:

- when outnumbered in defence
- when they have the ball in the attacking circle
- When they have various passing options available

Under 15's

Basic Individual Skills (target is to achieve 12 to 15 skills with 7-10 accuracy)

- Fore-stick hitting over 60 -80 metres with accuracy, power and keeping the ball flat on the surface
- Fore-stick pushing the ball with power and delivering passes accurately over 15-20 metres
- Reverse side passing (Tomahawk slapping the balling) over 20 metres keeping the ball flat on the surface with accuracy on the run
- Familiar with the basics of a tomahawk
- Slapping over 35 metres flat and direct with reasonable speed
- Fore-stick trapping with a very high success rate when stationary and moving
- Reverse trapping upright both stationary and whilst moving at speed
- Reverse trapping (indoor style, stick horizontal to the ground) with the ability to quickly gain control into a mobile position
- Dribbling (Indian dribbling style) at full pace with close control
- Dribbling flat stick at 100% pace with forward vision and the ability to pass off
- Fore-stick channelling (the Player) and fore stick tackling with strength
- Flat tackle with strength when stick is horizontal to the ground with the ability to move into offence quickly
- Poke tackling- to position player to successfully steal the ball
- Drag flicking – players should be able to flick the ball from the top of the circle into the net at approximately waist to shoulder height
- Overhead -pass the ball over 20 metres

Elimination Skills

Players are expected to:

- know the principles of creating a “2 on 1” to eliminate the player and to be able to identify the opportunity whilst playing
- drag at speed to the right and left of their body in a one on one contest and accelerate
- “jink” to eliminate when moving at a moderate speed

Leading and Receiving

Players are expected to be able to:

- lead horizontally away from a player in an urgent movement to receive on their Forehand
- lead back to “Post” and receive the ball facing their own goal
- lead to receive by performing a V lead to get behind the defender
- “scan” off the ball before receiving

Fitness

It is expected the players will satisfy these minimum standards:

- Boys beep test 9.5
- Girls beep test 8.5
- push-ups – 15-25 nonstop

Positional play

Players are expected to be able to play in various positions within the 2 lines (forward, midfield, defender) with a knowledge of the basic requirements both defensively and offensively of the position

Penalty Corner Play

It is expected that a player will be able to perform a specialist skill in the corner operation i.e. pull the ball out, strike/drag, stick trap to an effective level

Under 13's

Basic Individual Skills (target is to achieve 9 out of 12 skills with 7-10 accuracy)

- Fore-stick hitting over 20-30 metres with accuracy, reasonable power and keeping the ball flat on the surface
- Fore-stick pushing with power and delivering passes accurately over 10 metres
- Reverse-Side passing (Tomahawk slapping the ball) over 10 metres, keeping the ball flat on the surface with accuracy on the run
- Slapping over 15 metres flat and direct with reasonable speed
- Fore-stick trapping with a high success rate when stationary and moving
- Reverse trapping upright both stationary and when moving
- Reverse trapping (indoor style) with stick horizontal to the ground
- Dribbling (Indian dribbling style) at $\frac{3}{4}$ pace with close control
- Dribbling flat stick at 80% pace with forward vision (looking up off the ball)
- Fore-stick channelling (the player) and Fore-Stick tackling
- Flat tackle with strength when stick is horizontal to the ground
- Flicking and overheads – players should be able to flick the ball from the top of the circle into the net at approximately waist height

Elimination Skills

Players are expected to:

- know the basics of creating a “2 on 1” to eliminate the player
- drag at speed to the right and left of their body in a one on one contest
- “jink” to eliminate when moving at a slower speed

Leading and receiving

Players are expected to be able to:

- lead horizontally away from a player in an urgent movement to receive on their forehand
- lead back to post and receive the ball facing their own goal
- lead to receive by performing a V lead to get behind the defender

Fitness

It is expected the players will satisfy these minimum standards:

- Boys beep test 8.5
- Girls beep test 7.5
- push-ups 10 – 20 non stop

Positional play

Players are expected to be able to play in various positions within the line (forward, midfield, defender) with a knowledge of the basic requirements both defensively and offensively of the position